Sweet Potato Cookies  

These cookies are inspired by mbatata, a traditional cake-like cookie from Malawi, where sweet potatoes are a staple food. Try gluten-free flour and/or coconut oil and a milk alternative to accommodate allergies.  

**Phytonutrient focus:** Cinnamon is an old medicine in many parts of the world, often associated with blood health. Indeed, research has shown that it promotes healthy blood circulation, lower lipid levels, and healthy blood sugar levels. In other words, it can help protect against cardiovascular disease and diabetes. It is especially wonderful added to sweet foods like these cookies, where it can play its part to regulate blood sugar, insulin, and inflammation.

**YIELDS 24 COOKIES | Prep Time: 20 minutes | Cook Time: 20 minutes**

1 cup mashed cooked sweet potatoes  
4 tablespoons unsalted butter, melted  
2 tablespoons whole milk  
1/3 cup honey  
1 tablespoon plus 1 teaspoon baking powder  
1/2 teaspoon salt  
2 teaspoons ground cinnamon  
2 cups whole-wheat pastry flour  
1/4 cup plus 2 tablespoons raisins

1. Preheat oven to 350°F.  
2. In a large bowl, combine mashed sweet potatoes and butter.  
3. Add milk, honey, baking powder, salt, and cinnamon and mix to combine.  
4. Fold in flour until it is evenly incorporated. Then fold in raisins until they are evenly distributed. The batter will be thick and sticky.  
5. Working with clean, lightly wet hands, pinch off a piece of the batter and roll into about a 1” ball between your palms. Then lightly press it into a disk shape and put on a baking sheet. Repeat with remaining batter, yielding twenty-four cookies. If dough begins to stick to your hands, clean them and start again, always with lightly wet hands.  
6. Bake cookies about 17 minutes. They will be firm but still pale on top. Remove from oven and let cool 10 minutes before serving.